

HOW TO BE SLIM
If you are too fat and want to reduce your weight 15 or 20 pounds, don't starve and weaken your system, or think you must always be laughed at on account of your fat, but go to the City Drug Store or any good druggist, and get a box of Oil of Kerosin capsules, take one after each meal and one before retiring at night. Weigh yourself once a week and note what a pleasant and reliable method this is for removing superfluous fat from any part of the body. It costs little, is absolutely harmless and a week's trial should convince anyone that it is unnecessary to be burdened with even a single pound of unsightly fat.

Stringent Regulations on Pulque.

Mexico City, Sept. 26.—Stringent regulation of the manufacture and sale of pulque, the principal strong drink of Mexico, is ordered by First Chief Carranza in a decree which has just been promulgated. The beverage is made from the juice of the maguey cactus. The new regulations double the tax on the bringing of pulque into towns, and requires manufacturers of it to record with proper authorities all details concerning their business.

The decree provides that no factories may be established more than forty kilometers from the town in which the product is to be sold. This is to insure that the pulque arrives quickly and in good condition.

Should the product spoil in process of fermentation, the manufacturer must notify the authorities and establish that it has been thrown out or used to make alcohol.

It is provided that the maguey lands also must be used to raise other agricultural products as well as maguey. Infractions of these regulations will be punished by a fine of ten times the amount of the taxes or the factory may be closed.

Use Both Sides of Paper.

Oklahoma City, Sept. 26.—"Write on both sides of the paper," is an order sent out to children of Oklahoma City ward and high schools. White paper shortage is responsible for the reversal of the order of long standing which forbade this practice. White drawing was so expensive that it was omitted from the list this year, Manila paper being substituted.

CASTORIA

For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Chas. H. Fletcher*

CASH ECHOLS

GROCE :: The Man With a Conscience

Tired!

Are you tired? run down? nervous? Is everything you do an effort? No! it is not laziness. You are ill. Your system needs a tonic. Your Stomach, Kidneys and Liver need stirring up. Nothing will do this better than

Electric Bitters

50c. and \$1.00 All Druggists

Ardmore Ice, Light & Power Company
PHONE ONE - FIVE - SIX

A POPULAR SHOW COMING TOMORROW

Everybody interested in the circus and training of wild animals will be pleased to learn that Yankee Robinson's famous and popular amusement enterprise is again touring this territory with his large double train, 30 cars equipment of the most valuable educated wild animals ever brought to America by this celebrated animal king.

This season forty-six trainers are employed in the three rings continuously displaying a long and praiseworthy program so full of excitement and thrills that no duplicate exhibition of this nature by others has ever been attempted, so it is necessary to see this show to witness all that is the last word in an entertainment of this nature. The children will be delighted with the hundreds of performing ponies, the miniature wild animal display and the rides on four baby elephants. Over one thousand animals comprise this show's big equipment and the public's endorsement of the merit and ability of the management is forever a sure guarantee of a pleasant and profitable visit to this novel and meritorious exhibition.

The grand new street parade every morning is an assuring evidence of the material progress of this monster animal caravan.

Twice daily, afternoon and night, the regular two complete exhibitions are given without curtailment, rain or shine. Immediately after the parade more free outdoor acts and displays are given than are carried in a program for many other shows.

The attention paid to ladies and children by the officials and attendants with this show, has created much favorable comment in every town visited.

The big show comes here tomorrow, rain or shine.

Catarrh Cannot Be Cured.

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Cure is taken internally and acts thru the blood on the mucous surfaces of the system. Hall's Catarrh Cure was prescribed by one of the best physicians in this country for years. It is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Cure is what produces such wonderful results in catarrhal conditions. Send for testimonials, free.

P. J. CHENEY & CO., Props, Toledo, Ohio.
All Druggists, 75c.
Hall's Family Pills for constipation.

Japan Increases Ships.

Tokio, Sept. 26.—The strides of Japan in shipbuilding since the beginning of the war are shown by the official announcement that 28 steamships with a total tonnage of 192,000 were launched during the first half of the current year. Nine steamers with a total tonnage of 28,950 are expected to be completed during the second half of the year.

Clear Bad Skin from Within.
Pimples, muddy complexion are due to impurities in the blood. Clear up the skin by taking Dr. King's New Life Pills. Their mild laxative qualities remove the poisons from the system and brighten the eye. A full, free non-gripping bowel movement in the morning is the reward of a dose of Dr. King's New Life Pills the night before. At your Druggist, 25c.

America Thanked for Bread.

London, Sept. 26.—While H. C. Hoover, chairman of the Commission for the Relief of Belgium, was making his recent tour of inspection of the relief work of his organization in northern France he received a letter from a twelve-year-old school girl of Lille, which advanced the naive view that the Americans were carrying on the relief work as a token of gratitude for the assistance of the French in the American war of independence. A translation of the letter follows:

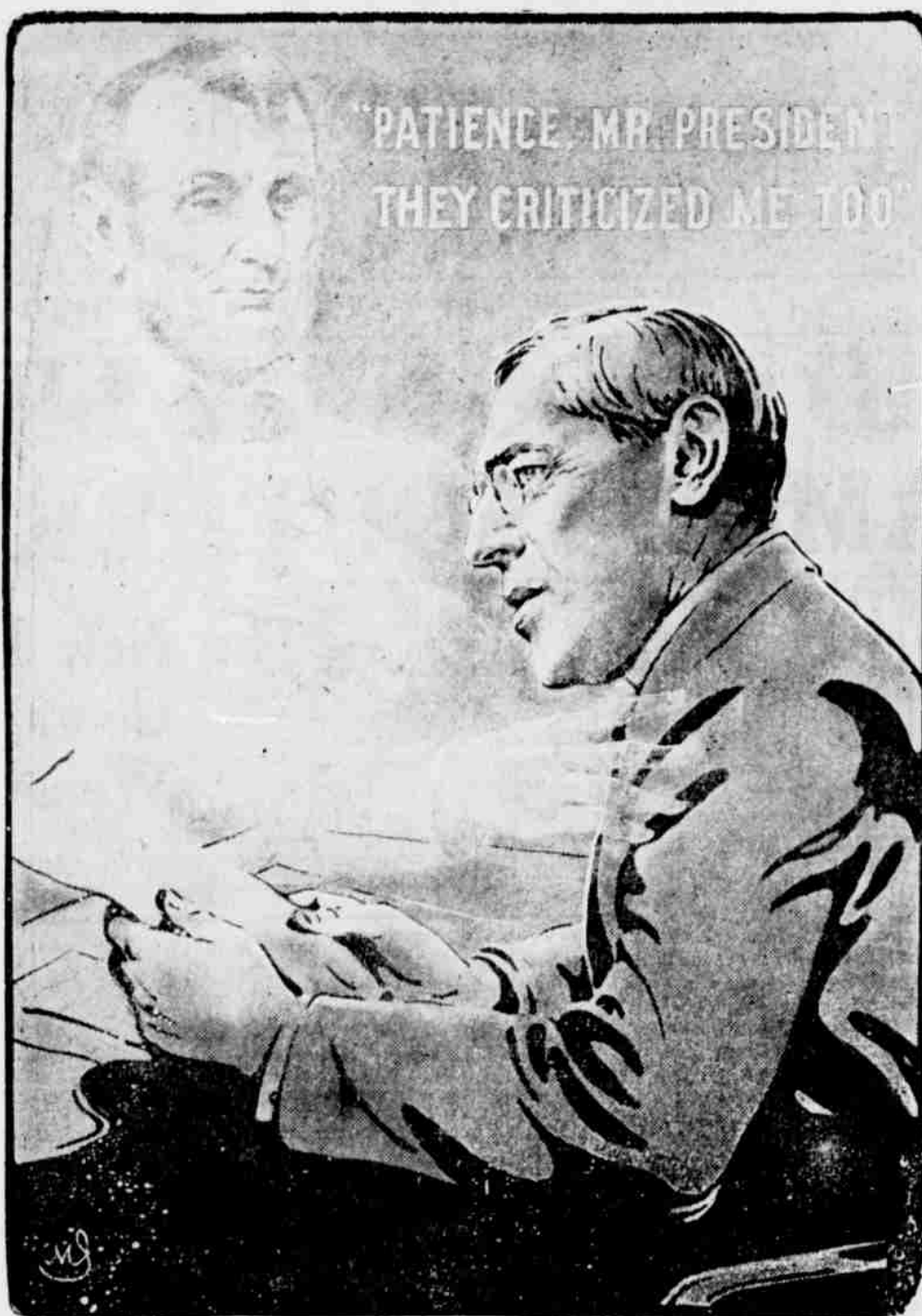
"Sir: It will be one year the day after tomorrow since you first procured bread for us. The May 5, 1915, when mother came home with the new bread, we eat it at once, and we found it so good, for the bread we had been eating for such long months was sticky, black and hard. The mothers of families were very happy to be able to cheer their children with such good bread. And then the rice became our daily food. It is no doubt in gratitude to the French who went to America to rid America of the English in 1783, that you are now alleviating our sufferings.

"Many, many thanks! Many died because of the bad bread, and many more would have died if you had not come to our assistance.

"Believe me, Monsieur, etc.,
"SUZANNE LAIGNEL."

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless Tonic is equally valuable as a General Tonic because it contains the well-known tonic properties of QUININE and IRON. It acts on the Liver, Drives



Gen. Sarraill Makes Improvements.

Saloniki, Sept. 26.—The French are busily engaged in building permanent improvements of every sort in the Macedonian capital. At present they have in hand the project of a \$50,000 cold storage plant and permanent marine and naval barracks are also planned. From the first landing of the troops they began building roads such as were never known here before, and since then sanitation, lighting, water supply and even street car service have been improved under the direction of General Sarraill.

The general himself takes the keenest interest in all such work. Seeing some English troops at brigade drill one day, he reined in his horse and watched them for a moment.

"They ought to have finished all that before leaving England," was his comment. "Here the business is to build roads and dig sewers."

Naturally, the inhabitants of the second city of Greece, who have been citizens of Greece for three years with no advantages save of the payment of heavier taxes than ever the Turks had exacted, are delighted with the civic activities of the French.

Forget Your Aches.

Stiff knees, aching limbs, lame back make life a burden. If you suffer from rheumatism, gout, lumbago, neuralgia, get a bottle of Sloan's Liniment, the universal remedy for pain. Easy to apply; it penetrates without rubbing and soothes the tender flesh. Cleaner and more effective than many ointments or poultices. For strains or sprains, sore muscles or wrenched ligaments resulting from strenuous exercise, Sloan's Liniment gives quick relief. Keep it on hand for emergencies. At your Druggist, 25c.

Fall Plowing Commences.

Oklahoma City, Sept. 26.—Heavy showers of the past two weeks which have fallen in practically every section of the state have resulted in the beginning of fall plowing and preparation of winter wheat land, according to President Frank Gault of the state board of agriculture. Dry weather delayed the plowing and sowing of the bulk of Oklahoma's wheat land but it is believed the crop will be almost normal. A detailed report on this subject will be issued shortly by the department.

Cannibals Murder Six People.

Sydney, Australia, Sept. 26.—A steamer arriving from the New Hebrides group, about 900 miles off the northeastern coast of Australia, has brought news of the murder of six persons by cannibals. The victims were a British trader named R. J. Bridges, and at least five children, whose bodies were found fearfully mutilated with axes and knives, and another child, who is missing, is believed to have been carried off by the cannibals and feasted upon. The murderers were thought to have come from a village on Malekula Island,

who are bound by native custom to kill and eat a human being in order to keep up their rank.

The failure of the French and British punitive expeditions just before the outbreak of the European war to capture any of the perpetrators of similar crimes, and their immunity from punishment for two years past on account of the war, is thought recently to have emboldened the cannibals.

Stop the First Cold.

A cold does not get well of itself. The process of wearing out a cold wears you out, and your cough becomes serious if neglected. Hacking coughs drain the energy and sap the vitality. For 47 years the happy combination of soothing antiseptic balsams in Dr. King's New Discovery has healed coughs and relieved congestion. Young and old can testify to the effectiveness of Dr. King's New Discovery for coughs and colds. Buy a bottle today at your Druggist, 50c.

Belgian King Stays With Men.

Flushing, Netherlands, Sept. 26.—King Albert of Belgium has aged under the heavy cares and sorrows of the present time, and his hair is beginning to turn gray, according to the latest news from the Belgian front. His Majesty never leaves the small strip of territory over which the Belgian flag still flies, refraining from visits to places in France or to Ste. Adresse, where his government has its seat. If the King of England or President Poincare want to meet the Belgian sovereign, they have to go to this corner by the Yser.

The soldiers deeply appreciate the fact that their sovereign and commander-in-chief shares with them the monotony of this marshy bit of country, waiting, like them, for the day when Belgium shall be free once more. His majesty is frequently seen by his men—in the trenches, in barracks, on the sands and in the dunes. It is said, indeed, that no one knows better than he the 25 or 30 miles of trenches where the Belgian troops keep vigilant guard day and night. He is particularly fond of visiting the advancing posts, and his troops always feel some amount of anxiety when they descry the king's tall figure traversing the foot bridges only some hundreds of meters distant from the enemy.

Queen Elizabeth, on the other hand, has with her own hands bound up many bandily wounded men in the Ocean Hospital. Here she is in daily attendance, speaking an encouraging word here and there to the patients.

Are You Looking Old?

Oldage comes quick enough without inviting it. Some look old at forty. That is because they neglect the liver and bowels. Keep your bowels regular and your liver healthy and you will not only feel younger but look younger. When troubled with constipation or biliousness take Chamberlain's Tablets. They are intended especially for these ailments and are excellent. Easy to take and most agreeable in effect. Obtainable

EVER SALIVATED BY CALOMEL? HORRIBLE

Calomel is quicksilver and acts like dynamite on your liver.

Calomel loses you a day! You know what calomel is. It's mercury; quicksilver. Calomel is dangerous. It crashes into your bile like dynamite, cramping and sickening you. Calomel attacks the bones and should never be put into your system.

When you feel bilious, sluggish, constipated and all knocked out and believe you need a dose of dangerous calomel, just remember that your druggist sells for 50 cents a large bottle of Dodson's Liver Tone, which is entirely vegetable and pleasant to take and is a perfect substitute for calomel. It is guaranteed to start your liver without stirring you up inside, and can not salivate.

Don't take calomel! It makes you sick the next day; it loses you a day's work. Dodson's Liver Tone straightens you right up and you feel great. Give it to the children because it is perfectly harmless and doesn't gripe.

Expand for Ship Building.

Belfast, Ireland, Sept. 26.—Belfast is preparing for a boom in shipbuilding after the war. Harland and Wolff's have just leased from the harbor board forty-one acres of additional land at a cost of 2,500 pounds a year. Workman and Clark's are also increasing their shipbuilding shops. The congestion of building on the Clyde has also led to applications to the harbor board for accommodation in Belfast.



he's studying your figure



Before a stroke of the shears, before anything at all is done, our cutter studies your figure and analyzes your proportions—he works on the "be-sure-right-then-go-ahead" idea.

Such care is very important—and the results of such care are immediately apparent to the man who wears our tailored to measure clothes—real fit, thoroughly fine tailoring, absolutely guaranteed satisfaction.

We're exclusive resident dealers for the Continental Tailors of Chicago.

Lathrop & Emerson
PHONE NO. 391 104 WEST MAIN
UNION SHOP

